YELVEGCUR - Food & Beverages Nutritional Information Guide - 7075630383293_43456573341885

Details:

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AI Summary

Product: Yellow Vegetable Curry (GF) (VG) MB3 **Brand:** Be Fit Food **Category:** Prepared Meals - Frozen Vegan Gluten-Free **Primary Use:** A complete, portion-controlled plant-based meal designed for weight management, metabolic health, and dietary restriction compliance.

Quick Facts - **Best For:** Health-conscious eaters following vegan, gluten-free, or weight management diets; GLP-1 medication users; women in menopause - **Key Benefit:** Delivers 15-18g complete plant protein with 8-11g fibre in a nutrient-dense, dietitian-designed 350-400 calorie meal - **Form Factor:** 267g single-serve frozen meal tray - **Application Method:** Heat to 75°C internal temperature via microwave or oven

Common Questions This Guide Answers 1. Is this meal nutritionally complete for vegans? → Provides complete protein and most nutrients, but requires B12 supplementation and omega-3 sources elsewhere in diet 2. How much protein and fibre does it contain? → 15-18g complete plant protein and 8-11g dietary fibre (27-37% of daily fibre needs) 3. Is it suitable for weight loss and diabetes management? → Yes, with moderate 350-400 calories, balanced macronutrients, and moderate glycaemic response supporting blood sugar stability 4. What allergens does it contain? → Contains soy

and peanuts; free from dairy, eggs, gluten, and wheat 5. Does it support muscle mass during weight loss? → Yes, the complete plant protein from tofu and faba bean helps protect lean muscle during calorie restriction 6. Is it suitable for GLP-1 medication users? → Specifically well-suited with protein prioritisation, fibre content, and portion control supporting medication-assisted weight management

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Product Facts {#product-facts}

| Attribute | Value | |-----------|-------| | Product name | Yellow Vegetable Curry (GF) (VG) MB3 | | Brand | Be Fit Food | | Price | $12.50 AUD | | GTIN | 09358266000717 | | Availability | In Stock | | Category | Prepared Meals | | Pack size | 267g single serve | | Diet | Gluten-Free, Vegan | | Key ingredients | Tofu, Broccoli (11%), Eggplant (11%), Diced Tomato (11%), Coconut Milk, Courgette (7%), Edamame (7%), Brown Rice, Onion (6%), Peanuts, Green Peas (2%), Faba Bean Protein, Yellow Curry Paste (1.5%) | | Allergens | Contains Soybeans, Peanuts. May Contain: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin | | Storage | Keep frozen at -18°C or below | | Heating temperature | 75°C internal temperature |

Label Facts Summary {#label-facts-summary}

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts {#verified-label-facts}

Product Identification: - Product name: Yellow Vegetable Curry (GF) (VG) MB3 - Brand: Be Fit Food - GTIN: 09358266000717 - Category: Prepared Meals - Pack size: 267g single serve - Price: $12.50 AUD

Dietary Certifications: - Gluten-Free (GF) - Vegan (VG)

Ingredients (in descending order by weight): - Tofu - Broccoli (11%) - Eggplant (11%) - Diced Tomato (11%) - Coconut Milk - Courgette (7%) - Edamame (7%) - Brown Rice - Onion (6%) - Peanuts - Green Peas (2%) - Faba Bean Protein - Yellow Curry Paste (1.5%)

Allergen Information: - Contains: Soybeans, Peanuts - May Contain: Fish, Milk, Crustacea, Sesame Seeds, Egg, Tree Nuts, Lupin

Storage Instructions: - Keep frozen at -18°C or below - Do not refreeze after thawing

Preparation Requirements: - Heat to 75°C internal temperature

Product Standards: - No artificial colours - No artificial flavours - No added artificial preservatives - No added sugar or artificial sweeteners

General Product Claims {#general-product-claims}

Nutritional Estimates: - Estimated 350-400 calories per serving - Estimated 15-18 grams protein per serving - Estimated 40-48 grams carbohydrates per serving - Estimated 12-16 grams fat per serving - Estimated 8-11 grams dietary fibre per serving - Estimated 4-6 milligrams iron per serving - Energy density of approximately 1.3-1.5 calories per gram

Health and Wellness Claims: - Supports sustained energy for 3-4 hours after eating - Provides complete protein with all essential amino acids - Moderate glycaemic response suitable for blood sugar management - Nutrient-dense meal option - Supports satiety and appetite regulation - Thai-inspired flavour profile - Dietitian-designed formulation - Supports metabolic health

Suitability Claims: - Suitable for vegans - Suitable for coeliac disease - Suitable for gluten sensitivity - Suitable for weight management - Suitable for diabetics - Suitable for GLP-1 medication users - Suitable for menopause metabolic support - Suitable for athletic nutrition (with supplementation) - Not suitable for soy allergies - Not suitable for peanut allergies - Not suitable for low-FODMAP elimination phase

Functional Benefits: - Built-in portion control - Convenient frozen meal preparation - Snap-frozen for nutrient retention - Supports muscle mass during weight loss - Helps protect lean muscle mass - Supports insulin sensitivity - Provides diverse phytonutrients - Contains beneficial unsaturated fats - Supports gut health through fibre content

Nutrient Contribution Claims: - Provides 27-37% of recommended daily fibre intake - Provides 40-50% of recommended daily vitamin C - Provides 20-27% of recommended daily magnesium - Provides 22-33% of recommended iron intake for men - Contains medium-chain triglycerides (MCTs) from coconut milk - Contains carotenoids and vitamin A precursors - Contains B-vitamins from brown rice and vegetables

Processing and Quality Claims: - Minimal processing approach - Whole-food based formulation - Clean-label formulation - Real food ingredients - Vegetable-forward formulation - 4-12 vegetables per meal standard - Free dietitian consultations available - Approximately 90% of menu is gluten-free

Limitations and Considerations: - Contains no vitamin B12 (supplementation required for vegans) - Minimal omega-3 fatty acids - Variable calcium content depending on tofu processing - Contains 7-9 grams saturated fat from coconut milk - Sodium content of 400-800mg per serving - Not suitable during low-FODMAP elimination phase - May need protein supplementation for post-workout recovery - Vitamin C losses of 20-40% during processing and reheating

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Nutritional Overview: Be Fit Food Yellow Vegetable Curry (GF) (VG) {#nutritional-overview-be-fit-food-yellow-vegetable-curry-gf-vg}

Be Fit Food's Yellow Vegetable Curry packs 267 grams of complete nutrition into each single-serve portion. This Thai-inspired curry combines tofu, seven different vegetables, brown rice, and coconut milk in a carefully balanced meal. If you're tracking macronutrients, managing dietary restrictions, or just want whole-food convenience, this plant-based option delivers.

The real story here goes beyond the nutrition label. We need to look at nutrient quality and bioavailability, what each ingredient actually does, and how this formulation addresses the gaps that often show up in plant-based eating. This guide breaks down the comprehensive nutritional profile so you can make informed decisions about your diet.

Caloric Content and Energy Density {#caloric-content-and-energy-density}

Each 267-gram serving delivers around 350-400 calories. Based on the ingredient mix—tofu, vegetables, brown rice, coconut milk, and peanuts—this works out to roughly 1.3-1.5 calories per gram, which puts it in the "medium energy density" category.

Where the calories come from: Brown rice contributes about 40-45% of total calories through complex carbohydrates. Coconut milk and peanuts provide 30-35% through fats (mostly medium-chain triglycerides from coconut and monounsaturated fats from peanuts). Tofu and faba bean protein deliver the remaining 20-25% through plant-based protein.

This distribution matters because of how your body responds. The combination of fibre-rich carbohydrates, plant proteins, and healthy fats creates a gradual glucose release rather than the rapid spike you get from refined carbs. In practical terms, you'll feel satisfied for 3-4 hours after eating, which makes this a solid choice for lunch or dinner when you need sustained energy.

What energy density means for you: At 1.3-1.5 calories per gram, this meal sits between low-density vegetables (0.1-0.6 cal/g) and high-density processed foods (4-9 cal/g). The 267-gram portion provides adequate calories for a main meal while maintaining enough volume to promote fullness. Research in the Journal of the Academy of Nutrition and Dietetics shows that medium-energy-density foods help with appetite regulation better than calorie-matched high-density alternatives, which makes this formulation useful for weight management.

Macronutrient Profile and Balance {#macronutrient-profile-and-balance}

The macronutrient composition reflects a balanced whole-food approach rather than extreme restriction. Each macronutrient plays a specific role in how this meal affects your metabolism and fits into your daily eating pattern.

Protein Content and Quality {#protein-content-and-quality}

Each serving contains around 15-18 grams of complete protein from three complementary plant sources: tofu (soy protein), faba bean protein isolate, and smaller amounts from edamame and peanuts. This multi-source approach matters because different plant proteins provide different amino acid profiles. When you combine them, you create a more complete essential amino acid spectrum.

Why the amino acids matter: Soy protein from tofu is a complete protein with all nine essential amino acids in adequate proportions. The faba bean protein adds extra lysine and leucine, which enhances the amino acid profile and supports muscle protein synthesis. The 15-18 gram protein content represents about 30-36% of the recommended daily intake for someone weighing 50 kilograms, or 20-24% for someone at 75 kilograms. That makes this meal a substantial protein contributor to your day.

The protein-to-calorie ratio (around 4.3-5.1 grams per 100 calories) exceeds the threshold nutritionists use to define "protein-rich" meals (>3.5g/100cal). This supports satiety through increased peptide YY and GLP-1 hormone release. For vegan eaters, achieving this protein density from whole-food sources is a real advantage over vegetable-only meals.

Carbohydrate Composition and Fibre {#carbohydrate-composition-and-fibre}

Total carbohydrates likely range from 40-48 grams per serving. Brown rice provides most of this as complex starches, while vegetables contribute both simple sugars and dietary fibre. Using brown rice instead of white rice significantly increases fibre content—brown rice contains around 3.5 grams of fibre per 100 grams compared to white rice's 0.4 grams.

The fibre breakdown: Total dietary fibre per serving is estimated at 8-11 grams, coming from brown rice (3-4g), vegetables including broccoli, eggplant, courgette, and peas (4-5g), and edamame (1-2g). This represents 27-37% of the recommended daily fibre intake (30g for adults), which means this single meal makes a substantial contribution to your daily fibre goals.

The fibre includes both soluble and insoluble types. Soluble fibre from vegetables and legumes feeds beneficial gut bacteria and helps moderate cholesterol absorption. Insoluble fibre from brown rice and vegetable skins promotes digestive transit and regularity. National nutrition surveys consistently show average fibre intakes fall 40-50% below recommendations, so this fibre density addresses a widespread gap in modern diets.

How it affects blood sugar: The combination of fibre, protein, and fat significantly moderates the glycaemic response to brown rice carbohydrates. While brown rice alone has a glycaemic index of around 68 (medium), the complete meal's glycaemic load is substantially lower because of how macronutrients interact. Protein and fat slow gastric emptying, while fibre reduces the rate of glucose absorption. You get a gradual, sustained glucose elevation rather than a spike. This matters if you're managing insulin sensitivity, diabetes risk, or energy stability—outcomes that align with Be Fit Food's dietitian-designed approach to metabolic health.

Fat Content and Composition {#fat-content-and-composition}

The meal contains around 12-16 grams of total fat, mostly from coconut milk (8-10g) and peanuts (3-4g), with smaller amounts from olive oil and tofu. The fatty acid composition reveals what these fat sources actually do nutritionally.

What's in the fats: Coconut milk provides medium-chain triglycerides (MCTs), particularly lauric acid (C12:0), which makes up about 50% of coconut fat. MCTs are metabolised differently than long-chain fatty acids—they go directly to the liver for oxidation rather than being packaged into lipoproteins, which potentially supports more immediate energy availability. However, coconut fat also contains saturated fatty acids, contributing around 7-9 grams of saturated fat per serving (35-45% of the recommended daily limit of 20g).

Peanuts contribute mostly monounsaturated fatty acids (oleic acid) and polyunsaturated fatty acids, including omega-6 linoleic acid. These unsaturated fats support cardiovascular health when they replace saturated fats. Olive oil adds more monounsaturated fats and small amounts of polyphenolic compounds with antioxidant properties.

The omega-3 gap: The meal provides minimal omega-3 fatty acids (ALA), which is common in plant-based meals without flax, chia, hemp, or walnuts. If you're following a vegan diet, you need to get omega-3s elsewhere in your daily diet—either through direct food sources or algae-based DHA/EPA supplementation.

The total fat content of 12-16 grams provides around 108-144 calories from fat (30-36% of total calories), which falls within the recommended range of 20-35% of calories from fat for balanced nutrition.

Micronutrient Contributions: Vitamins {#micronutrient-contributions-vitamins}

The vegetable diversity in this curry—broccoli, eggplant, tomato, courgette, edamame, peas, onion, plus aromatics including ginger, garlic, coriander, and lemongrass—creates a substantial micronutrient profile across multiple vitamin categories. This aligns with Be Fit Food's formulation standard of including 4-12 vegetables in each meal.

Vitamin A and Carotenoids {#vitamin-a-and-carotenoids}

Broccoli, tomatoes, and curry paste contribute beta-carotene and other carotenoid precursors to vitamin A. A serving likely provides 15-25% of the recommended daily intake of vitamin A equivalents. Carotenoids need dietary fat for absorption, and the coconut milk and olive oil in this formulation enhance bioavailability—studies show fat-containing meals increase carotenoid absorption by 300-500% compared to fat-free preparations.

For vegan eaters, preformed vitamin A (retinol) isn't available from plant sources, which makes carotenoid-rich foods essential. The conversion efficiency of beta-carotene to active vitamin A varies significantly among individuals based on genetic factors (BCO1 gene variations). Some people may need higher carotenoid intakes to meet vitamin A needs.

B-Vitamin Complex {#b-vitamin-complex}

Brown rice provides B-vitamins including thiamin (B1), niacin (B3), and pyridoxine (B6), which are concentrated in the bran layer removed during white rice processing. Tofu and faba bean protein contribute additional B-vitamins, particularly folate (B9). A serving likely provides 10-15% of daily thiamin needs, 8-12% of niacin, and 15-20% of vitamin B6.

The B12 problem: This entirely plant-based meal contains no vitamin B12, as this vitamin is absent from plant foods (excluding fortified products). If you're vegan, you absolutely need B12 supplementation or fortified food consumption elsewhere in your diet. Vitamin B12 deficiency develops

slowly over years and can cause irreversible neurological damage. This is the most important nutritional consideration when relying heavily on plant-based meals.

Vitamin C {#vitamin-c}

Broccoli, tomatoes, and peas are significant vitamin C sources. Broccoli alone contains around 89mg per 100g, and with 11% broccoli content in the 267g meal (roughly 29g broccoli), this contributes around 26mg of vitamin C. Combined with other vegetables, the meal likely provides 35-45mg of vitamin C, which is 40-50% of the recommended daily intake of 90mg for men and 75mg for women.

Vitamin C is heat-sensitive, and commercial frozen meal processing involves blanching and heating that degrades some vitamin C content—usually 25-40% losses occur during processing and reheating. However, the remaining vitamin C content still makes this meal a meaningful contributor to your daily needs. Vitamin C enhances non-heme iron absorption from plant sources (discussed below), which makes its presence particularly valuable in this plant-based formulation.

Vitamin K {#vitamin-k}

Broccoli and green vegetables provide vitamin K1 (phylloquinone), which is essential for blood clotting and bone metabolism. A serving likely delivers 25-40 micrograms of vitamin K, representing 20-35% of adequate intake recommendations. The fat content in this meal supports vitamin K absorption, as this fat-soluble vitamin requires lipids for intestinal uptake.

Micronutrient Contributions: Minerals {#micronutrient-contributions-minerals}

The mineral profile addresses several nutrients of concern in plant-based diets while highlighting areas that need attention from supplementary sources.

Iron Content and Bioavailability {#iron-content-and-bioavailability}

Tofu, edamame, brown rice, and vegetables contribute non-heme iron (the plant form). Total iron content is estimated at 4-6 milligrams per serving, which is 22-33% of the recommended intake for men (18mg) and 50-75% for premenopausal women (8mg).

The absorption challenge: Non-heme iron absorption rates are significantly lower than heme iron from animal sources—usually 2-10% absorption compared to 15-35% for heme iron. Meal composition heavily influences this absorption. Vitamin C in the vegetables enhances absorption, while phytates from brown rice and legumes inhibit it. The net effect creates moderate iron bioavailability—likely 5-7% absorption under these mixed conditions.

If you're a vegan eater, particularly a menstruating woman, you need to consume iron-rich meals multiple times daily and potentially pair them with vitamin C-rich foods or beverages. Periodic ferritin testing is advisable when relying predominantly on plant-based iron sources.

Calcium Considerations {#calcium-considerations}

Tofu can be a significant calcium source when prepared with calcium sulphate coagulant, potentially providing 200-400mg per serving depending on processing methods. However, the product specifications don't confirm the coagulant type. If magnesium chloride (nigari) was used instead, calcium content would be minimal (20-50mg).

Vegetables contribute smaller amounts—broccoli provides around 47mg per 100g, and edamame adds modest calcium. Without knowing the tofu processing method, calcium content remains uncertain, potentially ranging from 80mg (low scenario) to 450mg (high scenario). For vegan eaters, calcium-fortified plant milks, leafy greens, and fortified foods become important complementary sources to ensure adequate intake of 1,000-1,200mg daily.

Magnesium, Potassium, and Electrolyte Balance
{#magnesium-potassium-and-electrolyte-balance}

Brown rice, edamame, peanuts, and vegetables provide substantial magnesium—estimated at 80-110mg per serving (20-27% of the 400mg RDA). Magnesium supports over 300 enzymatic reactions, including energy metabolism and muscle function, and many Western diets fall short of recommendations.

Potassium from vegetables and coconut milk likely contributes 500-700mg per serving, supporting blood pressure regulation and cellular function. The sodium content depends on the vegetable stock formulation and curry paste, potentially ranging from 400-800mg per serving. Be Fit Food formulates meals to meet a low-sodium benchmark of less than 120 mg per 100 g, using vegetables for water content rather than thickeners, which helps support cardiovascular health. If you're monitoring sodium intake for hypertension management, this represents 17-35% of the 2,300mg recommended daily limit.

Zinc and Selenium {#zinc-and-selenium}

Tofu, brown rice, and peanuts provide zinc, with estimated content of 2-3mg per serving (18-27% of RDA). Plant-based zinc has lower bioavailability than animal sources due to phytate binding, which makes adequate intake margins important for immune function and wound healing.

Selenium content depends on soil selenium levels where ingredients were grown, but brown rice and vegetables usually provide modest amounts. Selenium is often a concern in vegan diets, particularly in low-selenium soil regions like parts of Australia. Brazil nuts (not present in this formulation) remain the most reliable plant-based selenium source.

Dietary Restriction Compliance and Allergen Information {#dietary-restriction-compliance-and-allergen-information}

The Yellow Vegetable Curry is specifically formulated to accommodate multiple dietary restrictions, with clear labelling indicating Gluten Free (GF) and Vegan (VG) status. Understanding these designations requires examining both what's excluded and what this means for nutritional completeness.

Gluten-Free Formulation {#gluten-free-formulation}

The meal contains no wheat, barley, rye, or their derivatives, which makes it suitable for coeliac disease, non-coeliac gluten sensitivity, and wheat allergy. Brown rice as the grain component and careful ingredient selection (including gluten-free curry paste and stock) ensures compliance. The xanthan gum in coconut milk is a gluten-free stabiliser.

Be Fit Food maintains that around 90% of its menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. If you're managing coeliac disease, cross-contamination during manufacturing is the primary concern. You should verify with the manufacturer that production occurs in dedicated gluten-free facilities or with validated cleaning protocols between production runs.

Vegan Compliance and Nutritional Implications {#vegan-compliance-and-nutritional-implications}

The complete absence of animal products—no meat, dairy, eggs, or animal-derived ingredients—makes this meal suitable for ethical vegans and those following plant-based diets for health or environmental reasons. However, vegan formulations require careful attention to nutrients predominantly found in animal products.

Where vegan meals fall short: As discussed, vitamin B12 is completely absent and requires supplementation. Vitamin D is also absent (unless mushrooms were UV-treated, which specifications don't indicate). Omega-3 fatty acids (EPA/DHA) are unavailable from plant sources. Depending on tofu processing, calcium may be insufficient. These aren't formulation failures but inherent limitations of plant-based ingredients that you need to address through dietary diversity and targeted supplementation.

Allergen Declarations {#allergen-declarations}

The meal contains two major allergens: **soy** (from tofu and edamame) and **peanuts**. These are among the "Big 8" allergens responsible for 90% of food allergic reactions. The product is unsuitable if you're managing soy or peanut allergies.

The meal appears free from other major allergens including milk, eggs, fish, shellfish, tree nuts, and wheat. However, the specifications don't provide "may contain" warnings about shared manufacturing equipment, which is critical information when managing severe allergies. Cross-contact with allergens during production can trigger reactions in highly sensitive individuals.

FODMAP Considerations {#fodmap-considerations}

If you're following low-FODMAP diets for irritable bowel syndrome management, this meal contains several high-FODMAP ingredients: onion, garlic, and potentially coconut milk (depending on quantity). These fermentable carbohydrates can trigger digestive symptoms in FODMAP-sensitive individuals. The meal wouldn't be suitable during the elimination phase of a low-FODMAP protocol.

Ingredient Quality and Functional Components {#ingredient-quality-and-functional-components}

Beyond basic macronutrients and micronutrients, the ingredient composition provides phytonutrients and functional compounds that contribute to health outcomes. Be Fit Food's commitment to real food ingredients—with no artificial colours, artificial flavours, added artificial preservatives, or added sugar or artificial sweeteners—ensures that these functional components remain intact and bioavailable.

Phytonutrient Profile {#phytonutrient-profile}

The vegetable diversity creates a broad phytonutrient spectrum. Broccoli provides glucosinolates (particularly sulforaphane), which demonstrate anti-cancer properties in laboratory studies through enhancement of detoxification enzymes. Tomatoes contribute lycopene, a carotenoid associated with cardiovascular and prostate health benefits. Eggplant provides nasunin, an anthocyanin antioxidant concentrated in the purple skin.

The aromatic components—ginger, garlic, lemongrass, turmeric (implied in yellow curry paste), and kaffir lime—provide additional phytonutrients. Curcumin from turmeric demonstrates anti-inflammatory properties, though bioavailability is enhanced by piperine (black pepper), which may or may not be present in the curry paste formulation. Gingerols from ginger provide anti-nausea and anti-inflammatory effects.

Protein Quality and Digestibility {#protein-quality-and-digestibility}

Soy protein from tofu has a Protein Digestibility-Corrected Amino Acid Score (PDCAAS) of 1.0, the highest possible rating, indicating excellent digestibility and amino acid profile. Faba bean protein has a lower PDCAAS (around 0.6-0.7) due to limiting amino acids and anti-nutritional factors, but the combination with soy creates a complementary effect that enhances overall protein quality.

The meal processing—cooking and freezing—denatures some anti-nutritional factors like trypsin inhibitors in soy and tannins in faba beans, improving protein digestibility compared to raw ingredients. However, phytates remain present and can reduce mineral absorption, which is a trade-off inherent in plant-based formulations.

Coconut Milk: Nutritional Controversy {#coconut-milk-nutritional-controversy}

Coconut milk contributes creamy texture and distinctive flavour while providing MCTs and saturated fats. The nutritional implications of coconut fat remain debated in nutrition science. While saturated fat from coconut raises LDL cholesterol (a cardiovascular risk marker), some research suggests MCTs may have neutral or even beneficial metabolic effects compared to long-chain saturated fats.

The xanthan gum stabiliser in the coconut milk is a soluble fibre produced through bacterial fermentation. It contributes minimally to total fibre content but improves texture stability during freezing

and reheating.

Portion Control and Meal Planning Integration {#portion-control-and-meal-planning-integration}

The 267-gram single-serve format provides built-in portion control, eliminating the decision-making and measurement required with bulk meal preparation. If you're tracking caloric intake or macronutrients, this standardisation simplifies dietary adherence—a core principle of Be Fit Food's approach to sustainable weight management.

Meal Timing and Metabolic Context {#meal-timing-and-metabolic-context}

At 350-400 calories, this meal works well as lunch or dinner when you're consuming moderate daily calories (1,600-2,200 daily calories). For higher energy requirements (athletes, larger individuals, or highly active people), this is a base meal requiring supplementation with additional foods—perhaps whole grain bread, a side salad, or fruit.

The macronutrient balance supports stable energy for 3-4 hours, which makes it suitable for lunch (providing afternoon energy) or dinner (supporting overnight fasting without hunger). The moderate protein content (15-18g) may be insufficient for optimal muscle protein synthesis following resistance training, where 20-40g per meal is recommended. Athletes using this meal post-workout should consider protein supplementation.

Daily Nutrition Context {#daily-nutrition-context}

Within a 2,000-calorie daily intake, this meal is 17-20% of total calories while contributing disproportionately higher percentages of fibre (27-37%), protein (20-36% depending on body weight), and various micronutrients. This nutrient density—high nutrient delivery relative to calories—characterises quality whole-food formulations.

When eating three meals plus snacks, this curry provides a substantial nutritional foundation requiring complementation with calcium sources (fortified plant milk), omega-3 sources (flax, chia, walnuts, or algae supplements), vitamin B12 (supplement or fortified foods), and potentially additional protein depending on your individual requirements.

Processing, Preservation, and Nutrient Retention {#processing-preservation-and-nutrient-retention}

The frozen storage format preserves nutrients effectively while enabling extended shelf life without chemical preservatives. Understanding the processing impacts shows what nutritional value actually gets delivered.

Freezing Effects on Nutrients {#freezing-effects-on-nutrients}

Rapid freezing creates small ice crystals that minimise cellular damage, preserving nutrient content better than slow freezing. Water-soluble vitamins (C and B-complex) experience minimal losses during freezing itself—usually under 10%. However, the blanching process applied before freezing (to deactivate enzymes and preserve colour) causes 20-40% losses of heat-sensitive vitamins.

Fat-soluble vitamins (A, D, E, K) and minerals remain stable during freezing. Protein quality is unaffected. Fibre content is unchanged. The primary nutritional impact of frozen meal processing occurs during the initial cooking and blanching, not during frozen storage. Be Fit Food's snap-frozen delivery system is designed to maximise nutrient retention while providing the convenience that supports long-term dietary adherence.

Reheating Considerations {#reheating-considerations}

Microwave or oven reheating causes additional vitamin C losses—around 10-25% depending on heating time and temperature. Longer, lower-temperature reheating preserves more nutrients than rapid high-temperature heating. For maximum nutrient retention, you should follow package directions precisely, avoiding overcooking.

The meal's format in a sealed tray minimises nutrient leaching into cooking water (unlike boiling vegetables), preserving water-soluble vitamins and minerals that would otherwise be discarded with cooking liquid.

Additive Functions {#additive-functions}

The minimal additive list includes citric acid (acidity regulator and antioxidant in tomatoes) and xanthan gum (stabiliser in coconut milk). Both are considered safe and have functional rather than cosmetic purposes. The absence of artificial preservatives, colours, or flavours aligns with clean-label preferences and Be Fit Food's real food philosophy.

The vegetable stock ingredient may contain salt, yeast extract, or other flavour compounds depending on formulation, potentially contributing to sodium content. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals.

Storage, Handling, and Food Safety {#storage-handling-and-food-safety}

Proper storage and handling ensure both food safety and nutrient preservation throughout the product's shelf life.

Frozen Storage Requirements {#frozen-storage-requirements}

The meal must remain frozen at -18°C or below until preparation. At this temperature, microbial growth is completely arrested, and nutrient degradation occurs extremely slowly—frozen foods maintain quality for months to years depending on formulation.

Temperature fluctuations during storage—such as freezer door opening cycles or power interruptions—cause freeze-thaw cycling that degrades texture through ice crystal growth and potentially accelerates nutrient losses. A consistently cold, stable freezer environment maximises quality retention.

Shelf Life and Date Marking {#shelf-life-and-date-marking}

Frozen meals usually carry "best before" dates 6-12 months from production, though products remain safe indefinitely if kept frozen. The date indicates peak quality rather than safety expiration. Nutrient content gradually declines during extended frozen storage, with vitamin C showing the most significant losses (around 5-10% every six months).

Preparation Safety {#preparation-safety}

The meal requires heating to an internal temperature of 75°C to ensure food safety, particularly important for tofu and vegetables that may harbour bacteria if temperature abuse occurred before freezing. Following package heating instructions ensures adequate temperature is reached throughout the meal.

Once thawed, the meal must not be refrozen, as this creates food safety risks through bacterial growth during thawing and texture degradation from repeated ice crystal formation. Any unused portion should be refrigerated and consumed within 24 hours.

Practical Nutritional Optimization Strategies {#practical-nutritional-optimization-strategies}

You can maximise nutritional value through strategic meal pairing and timing.

Nutrient Synergy Pairing {#nutrient-synergy-pairing}

Consuming this meal with vitamin C-rich beverages (citrus juice, berry smoothies) enhances non-heme iron absorption from the plant ingredients. Adding a small serving of nuts or seeds provides omega-3

fatty acids absent from the meal. Pairing with fortified plant milk delivers calcium and vitamin D if the tofu wasn't calcium-set.

Meal Timing for Athletic Performance {#meal-timing-for-athletic-performance}

For athletes or active individuals, consuming this meal 2-3 hours before exercise provides sustained carbohydrate energy while allowing adequate digestion time. Post-exercise consumption should be supplemented with additional protein (perhaps a plant-based protein shake) to reach the 20-40g threshold optimal for muscle protein synthesis.

Blood Sugar Management {#blood-sugar-management}

When managing diabetes or insulin resistance, pairing this meal with additional non-starchy vegetables increases fibre and volume while minimising additional carbohydrates, further moderating glycaemic response. Consuming protein or fat first (eating tofu and vegetables before rice) may slow carbohydrate absorption through gastric emptying delays. This approach aligns with Be Fit Food's evidence-based support for metabolic health, including preliminary outcomes showing improvements in glucose metrics during delivered-program weeks for people with Type 2 diabetes.

Sodium Reduction Strategies {#sodium-reduction-strategies}

When following sodium-restricted diets, this meal can be paired with low-sodium sides and beverages to balance daily sodium intake. Avoiding additional salt at the table and choosing low-sodium options for other meals maintains overall sodium control while still enjoying convenient prepared meals.

Support for GLP-1 Users and Medication-Assisted Weight Management {#support-for-glp-1-users-and-medication-assisted-weight-management}

Be Fit Food's Yellow Vegetable Curry is particularly well-suited if you're using GLP-1 receptor agonists, weight-loss medications, or diabetes medications. The meal's design addresses several challenges common to medication-assisted weight management:

When medications suppress appetite: GLP-1 and diabetes medications can reduce hunger and slow gastric emptying, increasing the risk of under-eating and nutrient shortfalls. This 267-gram portion provides a nutrient-dense, portion-controlled meal that's easier to tolerate while still delivering adequate protein, fibre, and micronutrients.

Protecting muscle during weight loss: The 15-18 grams of complete plant protein per serving helps protect against muscle loss during medication-assisted weight loss. Inadequate protein during rapid weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain.

Supporting stable blood glucose: The brown rice and vegetable-based carbohydrate profile, combined with high fibre content, supports more stable blood glucose, reduces post-meal spikes, and lowers insulin demand—critical when managing insulin resistance and Type 2 diabetes.

Real vegetable fibre: The 8-11 grams of dietary fibre from whole vegetables supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis, which matters when medications alter digestion and appetite.

Transitioning off medication: Weight regain is common after stopping GLP-1s if eating patterns aren't addressed. This meal supports the transition from medication-driven appetite suppression to sustainable, repeatable eating patterns that protect muscle and metabolic health.

Menopause and Midlife Metabolic Support {#menopause-and-midlife-metabolic-support}

For women in perimenopause and menopause, this meal addresses several metabolic challenges associated with hormonal transitions:

Supporting metabolic changes: Falling and fluctuating oestrogen drives reduced insulin sensitivity, increased central fat storage, loss of lean muscle mass, and reduced metabolic rate. The high-protein content (15-18g) helps preserve lean muscle mass, while the lower-carbohydrate, high-fibre formulation supports insulin sensitivity.

Energy regulation without counting: As metabolic rate declines during menopause, the 350-400 calorie portion provides appropriate energy control without requiring calorie counting or willpower-based restriction.

Managing appetite and cravings: The combination of protein, fibre, and healthy fats supports appetite regulation and helps manage the increased cravings and appetite dysregulation common during hormonal transitions. The absence of artificial sweeteners—which can worsen cravings and GI symptoms in some women—further supports metabolic stability.

Realistic weight loss goals: Many women don't need or want large weight loss. A goal of 3-5 kg can be enough to improve insulin sensitivity, reduce abdominal fat, and significantly improve energy and confidence. This meal provides the structure and adherence support needed for sustainable results across all weight loss categories.

Nutritional Transparency and Label Literacy {#nutritional-transparency-and-label-literacy}

While this guide provides detailed nutritional analysis based on ingredient composition, you should verify information through the Nutrition Facts panel on actual product packaging, which provides legally mandated, tested nutritional values.

Understanding Nutrition Labels {#understanding-nutrition-labels}

Australian nutrition labels display per-serving and per-100g values, allowing both portion-specific and comparative assessment. Key elements include:

- **Energy** (kJ and Cal): Total caloric content - **Protein, Fat, Carbohydrate**: Macronutrient grams - **Sugars**: Subset of total carbohydrates (natural and added combined) - **Sodium**: Important for cardiovascular health monitoring - **Dietary Fibre**: May be listed separately or under carbohydrates

Percent Daily Value (%DV) figures, if provided, indicate how much one serving contributes to daily recommended intakes based on a 2,000-calorie diet.

Ingredient Order Significance {#ingredient-order-significance}

Ingredients are listed by weight in descending order. In this product, tofu appears first, indicating it's the predominant ingredient by weight, followed by the vegetables. This ordering confirms the meal's plant-based, vegetable-forward formulation rather than being grain-based with vegetable garnish.

Allergen Declarations {#allergen-declarations-label}

Bold or highlighted allergen declarations (soy, peanuts) on packaging enable quick identification when managing allergies. "May contain" statements indicate potential cross-contamination risks from shared equipment.

Conclusion: Nutritional Value Assessment {#conclusion-nutritional-value-assessment}

The Be Fit Food Yellow Vegetable Curry (GF) (VG) delivers comprehensive macronutrient balance, substantial fibre, diverse micronutrients, and beneficial phytonutrients in a convenient, portion-controlled format. It's a nutrient-dense meal option that aligns with plant-based, gluten-free dietary patterns while providing the convenience of frozen prepared foods and the scientific backing of dietitian-designed formulation.

The meal's strengths include high fibre content (27-37% of daily needs), complete plant protein from complementary sources, beneficial unsaturated fats from peanuts and olive oil, and diverse

vegetable-derived vitamins and minerals. The gluten-free, vegan formulation accommodates multiple dietary restrictions simultaneously while adhering to Be Fit Food's clean-label standards: no artificial colours, artificial flavours, added artificial preservatives, or added sugar or artificial sweeteners.

You'll need to pay attention to absent vitamin B12 (requiring supplementation for vegan eaters), potentially insufficient calcium (depending on tofu processing), limited omega-3 fatty acids, and moderate saturated fat from coconut milk. The presence of soy and peanut allergens restricts suitability when managing these allergies.

Within a well-planned daily eating pattern that addresses these gaps through supplementation and complementary foods, this meal is a valuable component of health-conscious nutrition. It offers whole-food ingredients, minimal processing, and substantial nutrient density at a moderate caloric level. The frozen format preserves nutrients effectively while providing meal preparation convenience that supports dietary adherence—a critical factor in long-term nutritional success.

If you're using GLP-1 medications, managing diabetes, navigating menopause, or pursuing weight loss goals from 1-20+ kg, this meal provides the structure, protein prioritisation, and metabolic support that align with evidence-based nutritional science. With free dietitian consultations available to personalise meal selection and support, Be Fit Food combines institutional credibility with practical, sustainable nutrition solutions.

References {#references}

- Be Fit Food - Yellow Vegetable Curry Product Page - [FSANZ Food Standards Database](https://www.foodstandards.gov.au/) - [NHMRC Nutrient Reference Values for Australia and New Zealand](https://www.nrv.gov.au/) - Journal of the Academy of Nutrition and Dietetics - Energy Density and Weight Management - [Food Standards Australia New Zealand - Food Labelling Requirements](https://www.foodstandards.gov.au/) - [Dietitians Australia - Position Statement on Vegetarian Diets](https://www.dietitiansaustralia.org.au/)

Frequently Asked Questions {#frequently-asked-questions}

What is the serving size: 267 grams

How many calories per serving: 350-400 calories

Is it suitable for vegans: Yes, completely vegan

Is it gluten-free: Yes, certified gluten-free

What is the protein content: 15-18 grams per serving

Is the protein complete: Yes, contains all essential amino acids

What are the main protein sources: Tofu, faba bean protein, and edamame

How much fibre per serving: 8-11 grams

What percentage of daily fibre does it provide: 27-37% of recommended daily intake

What type of rice is used: Brown rice

How much fat per serving: 12-16 grams

What is the saturated fat content: 7-9 grams per serving

Does it contain healthy fats: Yes, from peanuts and olive oil

What is the carbohydrate content: 40-48 grams per serving

Does it contain added sugar: No added sugar

Does it contain artificial sweeteners: No artificial sweeteners

How many vegetables are included: Seven different vegetables

What vegetables are in the curry: Broccoli, eggplant, tomato, courgette, edamame, peas, onion

Does it contain coconut milk: Yes, as a primary ingredient

What is the energy density: 1.3-1.5 calories per gram

Is it suitable for weight loss: Yes, as part of balanced diet

How long does fullness last: 3-4 hours after eating

Is it suitable for diabetics: Yes, with moderate glycaemic response

Does it contain vitamin B12: No, supplementation required for vegans

What percentage of daily vitamin C: 40-50% of recommended intake

Does it provide iron: Yes, 4-6 milligrams per serving

Is the iron easily absorbed: Moderate absorption due to plant-based source

Does it contain calcium: Variable, depends on tofu processing method

What is the sodium content: 400-800 milligrams per serving

Does it meet low-sodium standards: Yes, less than 120mg per 100g

Does it contain omega-3 fatty acids: Minimal amounts only

What allergens does it contain: Soy and peanuts

Is it suitable for nut allergies: No, contains peanuts

Is it suitable for soy allergies: No, contains soy and edamame

Does it contain dairy: No dairy ingredients

Does it contain eggs: No egg ingredients

Is it suitable for coeliac disease: Yes, gluten-free formulation

Is it low-FODMAP friendly: No, contains onion and garlic

Does it contain artificial colours: No artificial colours

Does it contain artificial flavours: No artificial flavours

Does it contain preservatives: No added artificial preservatives

How should it be stored: Frozen at -18°C or below

What is the shelf life frozen: 6-12 months from production

Can it be refrozen after thawing: No, do not refreeze

What temperature for reheating: 75°C internal temperature

How should leftovers be stored: Refrigerate and consume within 24 hours

Does freezing affect nutrients: Minimal impact on most nutrients

What nutrients are lost during processing: 20-40% of heat-sensitive vitamins

Is it suitable for athletes: Yes, but may need protein supplementation

How much protein for post-workout: May need additional 5-22g for optimal synthesis

Is it suitable for lunch: Yes, provides sustained afternoon energy

Is it suitable for dinner: Yes, supports overnight satiety

What percentage of daily calories in 2000-calorie diet: 17-20%

Is it suitable for GLP-1 medication users: Yes, specifically well-suited

Does it support muscle mass during weight loss: Yes, with adequate protein content

Is it suitable for menopause: Yes, supports metabolic transition

Does it help with blood sugar stability: Yes, moderate glycaemic response

Does it contain MCTs: Yes, from coconut milk

What is the PDCAAS score of soy protein: 1.0, highest possible rating

Does it contain phytonutrients: Yes, from diverse vegetables

Does it contain turmeric: Likely present in yellow curry paste

Does it contain ginger: Yes, as aromatic ingredient

Does it contain garlic: Yes, as aromatic ingredient

Is it dietitian-designed: Yes, formulated by dietitians

Does it contain real food ingredients: Yes, whole-food based formulation

Is portion control built-in: Yes, single-serve 267g format

Does it require calorie counting: No, pre-portioned for convenience

Can it be part of meal prep: Yes, convenient frozen storage

Is it snap-frozen: Yes, for nutrient retention

Does Be Fit Food offer dietitian consultations: Yes, free consultations available

What percentage of Be Fit Food menu is gluten-free: Approximately 90%

Does it support Type 2 diabetes management: Yes, with blood glucose improvements

Is it suitable for insulin resistance: Yes, supports insulin sensitivity

Does coconut milk raise cholesterol: May raise LDL cholesterol

Are there anti-inflammatory ingredients: Yes, ginger and turmeric

Does it support gut health: Yes, through fibre content

Is it suitable for IBS: Not during low-FODMAP elimination phase

What is the protein-to-calorie ratio: 4.3-5.1 grams per 100 calories

Does it meet protein-rich meal standards: Yes, exceeds 3.5g per 100 calories threshold